

Knowledge and Attitude Regarding Antenatal Care among Pregnant Women: A cross sectional study from Rajasthan.

¹Dr. Priti Kumari Goyal, Assistant Professor, Department of Obstetrics & Gynaecology, Sardar Patel Medical College, Bikaner

²Dr. Suchitra Narayan, Assistant Professor, Department of Obstetrics & Gynaecology, Jawaharlal Nehru Medical College, Ajmer.

³Dr. Virender Singh, Resident Doctor, Department of Obstetrics & Gynaecology, Sardar Patel Medical College, Bikaner

Corresponding Author: Dr. Suchitra Narayan, Assistant professor Department of Obstetrics & Gynaecology, Jawaharlal Nehru Medical College, Ajmer.

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Abstract

Background: The objectives of antenatal care are to promote, protect and maintain the health of the mother during pregnancy. Antenatal care helps to detect high risk cases, to foresee complications and to remove anxiety and dread associated with delivery. Knowledge is the understanding of any given topic.

Methods: Total 500 pregnant females were studied about knowledge and attitude during antenatal care check-up. The study was cross sectional in design. They were asked questions while attending the antenatal clinic in the hospital.

Results: 82.4.% (n=412) respondent were knew that pregnant women need to go for their checkup. 56.0 % (n=280) women have knowledge that 1st prenatal check-up should be done in the starting three months of gestation. Almost half of the women knows 52.00% (n=260) that high blood pressure can affect the growth of their children.

Conclusion: The study concluded that majority of pregnant women have basic knowledge about antenatal care.

Keywords: Pregnant, Ante natal, Knowledge.

Introduction

Prenatal care, also known as antenatal care, is a type of preventive healthcare. Its goal is to provide regular check-ups that allow doctors or midwives to treat and prevent potential health problems throughout the course of the pregnancy and to promote healthy lifestyles that benefit both mother and child.¹

The objectives of antenatal care are to promote, protect and maintain the health of the mother during pregnancy. Antenatal care helps to detect high risk cases, to foresee complications and to remove anxiety and dread associated with delivery. Knowledge is the understanding of any given topic. ¹

Maternal health services have a potentially critical role in the improvement of reproductive health. The use of

health service related to availability, quality and cost of services as well as the social structures, health beliefs and personal characteristics of the users. Over half a million women die each year from complications of pregnancy or childbirth. Most maternal deaths occur during childbirth and the presence of trained medical staff could greatly reduce this number.²

Attitudes are emotional, motivational, perceptive and cognitive beliefs that positively or negatively influence the behaviour or practice of an individual.³

Practices are defined as the observable actions of a pregnant women that could affect her to go to the hospital for antenatal check-up, after knowing the danger signs during pregnancy, how she is making the arrangement to attend hospital and how she had adapting the family planning methods after marriage, in the previous and present pregnancy.⁴

In India especially in Rajasthan, less number of pregnant women regular visit to tertiary care antenatal clinic and also very few studies reported from this geographical areas. With this reason the present study was conducted among pregnant females to find out the knowledge, attitude among the pregnant women attending antenatal clinic.

Material And Methods

This was a cross-sectional study conducted in two tertiary care teaching hospital of Rajasthan. The study population comprised of pregnant women in age group of 20 to 45 years attending first time antenatal clinic of tertiary care teaching hospital, provided informed consent for participation. Pregnant women who were not willing to provide informed consent and uncooperative for assessment were excluded from study. Sampling was done based on non-probability convenient sampling. Total 500 Pregnant women

included in study after fulfilling inclusion criteria. Data were collected based on semi-structured performa. semi-structured performa were prepared for study that includes socio-demographic variables, variable related to warning signs during pregnancy. Knowledge, attitude and practice related variables.

The warning signs were dizziness, fainting swelling of feet, severe head ache, persistent vomiting, bleeding per vagina, and blurring of vision, less movement of baby inside uterus, leaking per vagina and pain abdomen.

Data Analysis

Data was analyzed by using the Statistical Package for the social science (SPSS) 21, descriptive statistics such as frequencies, means, SD- Deviation and percentages. The association between knowledge attitude and practice was drawn through Chi-square.

Results

Table 1: Demographic Information of Participants

Variables	N=500 n (%)
Education level	
Illiterate	120 (24.0)
Primary	180 (36.0)
Secondary	100 (20.0)
Graduation	60 (12.0)
Post graduation	40 (8.0)
Residence	
Rural	280 (56.0)
Urban	220 (44.0)
Religion	
Hindu	360 (72.0)
Muslim	140 (28.0)
Mean age	24.45±6.34 Yrs
Gravidity	
Primi	220 (44.0)
Multi	280 (56.0)

Table 2: Pregnant women’s Knowledge Regarding Antenatal care

Question	N=500 n (%) Yes	N=500 n (%) No
	Do pregnant women need to go for antenatal check-up?	412 (82.4)
Should first antenatal check-up be done in the first 3 months?	280 (56.0)	220 (44.0)
Frequency of antenatal visit during pregnancy	165 (33.0)	335 (67.0)
Is it necessary to give inj. TT during pregnancy?	370 (74.0)	130 (26.0)
Does pregnant woman need vitamin supplement and iron folic acid tablet during pregnancy?	333 (66.6)	167 (33.4)
Regular Blood pressure examination is necessary during pregnancy.	260 (52.0)	240 (48.0)
Knowledge about warning sign in pregnancy	304 (60.8)	196 (39.02)
Knowledge about adequate diet in pregnancy	223 (44.6)	277 (55.4)

82.4.% (n=412) respondent were knew that pregnant women need to go for their checkup. 56.0 % (n=280) women have knowledge that 1st prenatal check-up should be done in the starting three months of gestation. Almost half of the women knows 52.00% (n=26) that regular Blood pressure examination is necessary during pregnancy.

Table 3: Pregnant women’s Attitude Regarding Antenatal care

Question	Agree N=500 n (%)	Disagree N=500 n (%)	Neutral N=500 n (%)
Early antenatal booking is good for my pregnancy	402 (80.4)	60 (12.0)	38 (7.6)
I will go for antenatal booking before the third month of my pregnancy	280 (56.0)	200 (40.0)	20 (5.0)
I believe that vitamin supplement and iron folic acid tablet is good for the foetus	333 (66.6)	157 (31.4)	10 (2.0)
Antenatal follow up is good to monitor mother’s and foetus’ health	312 (62.4)	150 (30.0)	38 (7.6%)
I will allow the doctor to check my blood pressure	400 (80.00%)	100 (20.0)	0 (0.0%)

Discussion

It is known that most perinatal deaths can be prevented if adequate antenatal care and timely obstetric care is provided. In this study, we assessed overall knowledge regarding need of pregnant women to go for antenatal assessment.

82.4% (n=412) respondent were knew that pregnant women need to go for their checkup. 56.0% (n=280) women have knowledge that 1st antenatal check-up should be done in the starting three months of gestation. Almost half of the women knows 52.0% (n=260) that high blood pressure can affect the growth of their children.

Another similar study was conducted in Orang Asli et al⁵ in Jempol District shows 94.2% expectant females have awareness about “that expectant women need to go for gynecological assessment”. Similarly, 73.1% women knows that pregnant females need to go for pre-birth check-up even if there is no complication. 92.3% knows that pregnant women needs vitamin supplement. Respectively 55.8% women knows that high blood pressure can affect the growth of their children.

In this study, outcome on the attitude towards the antenatal care reveals that 80.4% of the assessed females had positive attitude towards antenatal clinic. 62.4 % women believe that antenatal follow up is worthy to observe mother, fetus’ health status.

A study by Gupta RK et al found that 10.9% of pregnant female knew that > 3 antenatal care visits were essential.⁶

Conclusion

The study conclude d that majority of pregnant women have basic knowledge about antenatal care.

Limitation

Our sample collection from only antenatal clinic of tertiary care centre of Rajasthan. So finding can’t be generalized.

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